

Simply Samba

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Terry Hogan (AUS)
音乐: Manana (Is Good Enough For Me) - Peggy Lee



SIDE, TOGETHER, RIGHT SAMBA ROCK, SIDE, TOGETHER, LEFT SAMBA ROCK

1-2 Step/slide right to the side, slide left beside right
3&4 Step right to the side, step on ball of left behind right, step right slightly left
5-6 Step/slide left to the side, slide right beside left
7&8 Step left to the side, step on ball of right behind left, step left slightly right

FORWARD, FORWARD, TRIPLE ½ LEFT, BACK, BACK, COASTER

9-10 Step forward right, left
11&12 Triple step slightly forward right-left-right making ½ turn left
13-14 Step slightly backward left, right
15&16 Step left backward, step right beside left, step left forward

FORWARD, FORWARD, FORWARD SAMBA, FORWARD, ¼ RIGHT, CROSS SHUFFLE

17-18 Step forward right-left
19&20 Step slightly forward right, rock back onto ball of left foot, rock/push forward onto right your backside should push back on the "&" count with the left leg almost straight
21-22 Step forward left, make ¼ pivot turn right taking weight onto right foot
23&24 Cross shuffle to the right side left-right-left

RIGHT SAMBA ROCK, SIDE, TOGETHER ¼ LEFT, FORWARD, PADDLE TURN LEFT

25&26 Step right to the side, step on ball of left behind right, step right slightly left
27-28 Step left to the side, step right beside left making ¼ turn left
29 Step left slightly forward
&-30 Using ball of right foot to the side to push weight onto left foot, begin a full paddle turn left
&31&32 Repeat previous move twice to complete the turn - weight stays on left throughout

DIAGONAL HIP RIGHT, HIP LEFT, CHA-CHA-CHA, HIP LEFT, HIP RIGHT, CHA-CHA-CHA

33-34 Step right forward to the diagonal pushing hips right, push hips left taking weight onto left foot
35&36 Small shuffle/cha-cha to the right diagonal right-left-right pushing hips with each step
37-38 Step left forward to the diagonal pushing hips left, push hips right taking weight onto right foot
39&40 Small shuffle/cha-cha to the left diagonal left, right, left pushing hips with each step

½ PIVOT LEFT, ½ PIVOT LEFT, ROCK FORWARD, BACK, ½ RIGHT, ½ RIGHT

41-44 Step forward right, make ½ pivot turn left stepping onto left foot, repeat
45-46 Rock-step right forward, rock backward onto left
47-48 Make ½ turn right and step right forward, make ½ turn right and step left slightly backwards

Rocking chair steps may be substituted as an easy alternative for either (or both) of these sets of 4 counts

REPEAT